

## Mental Health, Alcohol, Tobacco and Other Drugs (ATOD) E-Newsletter

Denise L. Martin, Community Educator

Gallia-Jackson-Meigs Board of Alcohol, Drug Addiction and Mental Health Services

### *Bigger, Stronger & Faster—At What Cost?*

Have you ever heard this statement “I want to have more muscles. I need to be stronger.” or something similar from a teenager? I have and so have many of my friends. The pressure to perform and to “**Be the Best**” is sometimes consuming to teenagers. In their teenage worlds, it’s often hard to see beyond the next game, next match or even high school. Using performance enhancing drugs and supplements to “**Be the Best**” or for any other reason are dangerous. As parents/caregivers it is vital that we have reliable information to make informed decisions concerning our teenagers and their health.

Below is information on performance enhancing drugs and supplements that are marketed to athletes, especially young athletes. Be aware that many aren’t regulated through the Food and Drug Administration. Many are readily available in area businesses. Talk to your kids and listen! You may be surprised at what they are saying and what they know about these supplements.

**Please read the chart below for additional information:**

Type	Claims	The Truth	Potential Side Effects
<b>Creatine</b>	Builds muscle	May increase lean muscle mass	Abnormal heart rate, dizziness, seizures
<b>Energy Drinks</b>	Increase energy & performance	Loaded with caffeine and herbal ingredients that stimulate the heart	Abnormal heart rate, seizures, death
<b>Protein Drinks</b>	Increase muscle mass	No evidence to support the claims	Weight Gain

**Source:** Center for Healthy Weight and Nutrition at Nationwide Children’s Hospital Columbus, OH [www.nationwidechildrens.org](http://www.nationwidechildrens.org)

## Slang--Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice

### Get the Facts...

**Steroids affect your heart.** Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

**Steroids affect your appearance.** In both sexes, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.

**Steroids affect your mood.** Steroids can make you angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

**Steroids increase your risk of infection.** Sharing needles or using dirty needles to inject steroids puts you at risk for diseases such as HIV/AIDS and hepatitis.

Other slang terms associated with steroid use include:

- Roid rages--uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.
- Shotgunning--taking steroids on an inconsistent basis.
- Stacking--using a combo of two or more anabolic steroids.

### Before You Risk It...

**Know the law.** Steroids are illegal to possess without a prescription from a licensed physician. It is illegal for individuals to sell steroids.

**Get the facts.** Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor monitors the person.

**Know the risks.** Illegal steroids are made overseas and smuggled into the United States or made in underground labs in this country. They pose greater health risks because they are not regulated by the government and may not be pure or labeled correctly.

**Look around you.** The majority of teens aren't using steroids. Among teenage males, who are most likely to use steroids, only 1.8 percent of 8th graders, 2.3 percent of 10th graders, and 3.2 percent of 12th graders reported steroid use in the past year.

### Know the Signs...

**How can you tell if a friend is abusing steroids?** Sometimes it's hard to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be abusing steroids:

#### For Guys:

- Baldness
- Development of breasts
- Impotence

#### For Both:

- Jaundice (yellowing of the skin)
- Swelling of feet or ankles
- Aching joints
- Bad Breath
- Mood Swings
- Nervousness

#### For Girls:

- Growth of facial hair
- Deepened voice
- Breast reduction

# SUICIDE PREVENTION COALITIONS

One of the main goals of the Suicide Prevention Coalitions in Gallia, Jackson and Meigs counties is to raise public awareness of suicide and suicide prevention.

Here are warning signs of suicide from the Ohio Suicide Prevention Foundation in Columbus, Ohio ([www.ohiospf.org](http://www.ohiospf.org))

## **These signs include:**

- ◆ Symptoms of depression
- ◆ Increasingly self deprecating remarks
- ◆ Feelings of helplessness and hopelessness
- ◆ Increased use of alcohol or drugs
- ◆ Giving away of cherished items
- ◆ Making goodbyes
- ◆ Serious withdrawal from activities and significant persons
- ◆ Persistent discussions of death
- ◆ Self destructive or high risk behavior
- ◆ Previous attempts of suicide
- ◆ Identification with someone who has completed suicide
- ◆ Statements of a desire to explore or complete suicide

If you'd like to join one of the coalitions, please contact Denise L. Martin at 740-446-3022 or email at [denise\\_martin@gjmboard.org](mailto:denise_martin@gjmboard.org)

**For help, call the CRISISLINE at:  
1-800-252-5554**

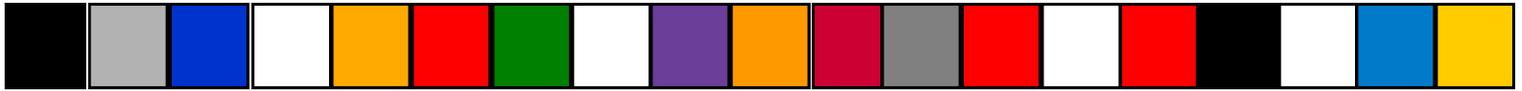
# Got Drugs?

Turn in your  
unused or expired  
medication for safe disposal  
Saturday, Sept. 25th

[www.dea.gov](http://www.dea.gov)



PARTICIPANTS NAME	COLLECTION SITE	ADDRESS	CITY	STATE, ZIP
GALLIPOLIS POLICE DEPARTMENT	GALLIPOLIS POLICE DEPARTMENT	848 THIRD AVE REAR	GALLIPOLIS	OH, 45631
GALLIA COUNTY SHERIFF'S OFFICE	GALLIA COUNTY SENIOR CENTER GALLIA COUNTY SHERIFF'S OFFICE	1167 ST. RT. 160	GALLIPOLIS	OH, 45631
VILLAGE OF RIO GRANDE POLICE DEPARTMENT	VILLAGE OF RIO GRANDE POLICE DEPARTMENT	174 E COLLEGE ST.	RIO GRANDE	OH, 45674



**Reaching Beyond**

For additional information or comments, please contact:

Gallia-Jackson-Meigs Board of Alcohol, Drug Addiction and  
Mental Health Services

Attn: Denise L. Martin, Community Educator

53 Shawnee Lane—PO Box 514

Gallipolis, OH 45631

Phone: 740-446-3022

Fax: 740-446-6814

Email: [denise\\_martin@gjmboard.org](mailto:denise_martin@gjmboard.org)